

EDMONTON



Cavern
cheese • wine+beer • espresso
780.455.1336
thecavern.ca
10169 - 104 street

Ka-changing to MintChip

Loose change may go the way of the penny as digital currency passes a new milestone

PAGE 8

YOU'RE SAYING I SOLD MORE THAN WHO?

WHEN STATUS QUO IS OUTSELLING KANYE ALBUM, WHAT WOULD A BANNER YEAR FOR J. COLE LOOK LIKE? [PAGE 10](#)

You have 32 teeth, we have more than 32 ways to improve your dental health.

Dental advice you can understand.

THIRTY TWO DENTAL

Book Now!

32dental.ca 780.428.2331

General Dentists Dr. William J. Shanin and Dr. Jaimee Buchkowsky



TIMBERLAKE TURNS IT UP

Justin Timberlake opens the 2014 leg of his 20/20 Experience World Tour to a sold out crowd at Rexall Place on Monday night. He will hit the stage again at Rexall on Tuesday night. CANDICE WARD/FOR METRO

Fare evasion on public transit on the decline

Pay up. 10,572 tickets were handed out by peace officers in 2013



STEPHANIE
DUBOIS

[stephanie.dubois@metronews.ca](#)

Even with Edmonton Transit checking more and more riders, the system is seeing a smaller percentage of riders attempting to skip out on the fare.

Last year the city saw 13,128 violations on public transit, a slight increase from two years ago, which had 12,853 violations. But city officials say the number of riders checked by peace officers for fare evasion increased substantially as well, with 330,000 people spoken to in 2012, and more than 450,000 people checked in 2013.

"Out of those 450,000 plus

passengers, really the percentage is less of people evading fares than what it was in 2012," said Glen Davis, security administrative coordinator with the city.

Continuing patrols on a daily basis by peace officers on Edmonton transit on both the platforms and in the LRT cars are just some of the ways the city is working to keep fare evasion low, said Davis.

Patrolling during the evening, afternoon and night, there are on average eight officers per shift checking for fare evaders, a number that hasn't increased since the security department's last hiring back in 2010.

Penalties for failing to pay a transit fare was increased back in 2011 after city council voted to increase it from \$140 to \$250.

Violations within the public transit system can refer to both tickets and fare evasion events,

according to city officials.

The number of tickets peace officers did hand out in both 2012 and 2013 didn't differ substantially, with 10,294 tickets given two years ago and 10,572 tickets handed out in 2013.

"When you calculate all of the percentages, we made some pretty good gains from 2012 to 2013. We're pretty happy with the results of that," said Davis.

As a regular user of public transit, Transit Union of Edmonton spokesperson Brandon Van Alstine has seen few fare evaders.

"I think I've maybe been on the train four or five times when I've seen somebody caught without one. In general, I don't think I've seen anybody get ticketed," he said.

Fare evasion curbing efforts will continue in 2014, with no plans to modify their peace officer patrols at this time.

→ 2,080 litres of
SPACE
SPACE SPACE
SPACE SPACE
SPACE SPACE
SPACE SPACE SPACE
SPACE SPACE SPACE



Fold down RAV4's rear seats and you'll have enough cargo space to fit almost anything.

RAV4 Starting from \$23,870*

2014 RAV4 AWD Limited
Shown: \$32,860 MSRP

TOYOTA

toyota.ca

~~WHEATON~~
Honda

NEW YEAR, NEW HONDA

2013 Honda Fit LX STK#8036
Model#GE8G50ES



**2013
CLEAROUT
ON NOW!**

2013 Honda Civic LX Automatic STK#X2123
Model#FB2F4DEX



\$20,940

PLUS \$2,000
RECEIVE A CASH INCENTIVE*

2014 Honda Pilot Touring Edition STK#X6438
Model#YF4H9DKN



\$50,431

PLUS \$2,000
RECEIVE A CASH INCENTIVE*

2014 Honda CR-V LX AWD STK#N2535
Model#RMH3EES



\$29,972

PLUS \$2,000
RECEIVE A CASH INCENTIVE*

HOURS

Monday - Thursday 9-9 | Friday & Saturday 9-6

— **WheatonHonda.com** —
9688-34 AVE. (Auto Row) 780.463.7888 • 1-866-463-7885



Vehicles may not be exactly as illustrated. Subject to availability. Taxes extra. Manufacturer to dealer incentive. Programs subject to change. Offer ends January 31, 2014.

2012 incident

EPS officers charged with assault

Two EPS members are facing assault charges stemming from an incident in September 2012.

Const. Barry Fairhurst, a nine-year veteran of the force, and Const. David Olsson, who has two years' experience, were charged with assault on Monday.

The service's professional standards branch conducted the investigations after a complainant came forward alleging excessive and unlawful force was used during an arrest.

EPS is not commenting on the incident, but the two constables remained assigned to operational policing. METRO

Mild flooding

City prepared for warm-up

With several days of warm weather in the forecast, the city's drainage department said it's prepared for the mild flooding that will come with it.

Environment Canada has a forecast calling for balmy conditions all week, reaching a high of 12 C on Saturday. City drainage director Derek Melmoth said he doesn't expect too much of a challenge.

"It will only really affect the arterials and the collectors. Those are the only ones that actually have pavement exposed," he said.

Melmoth said they will clear catch basins if big puddles occur, but they don't do it proactively because it causes other problems such as potential freezing.

RYAN TUMILTY/METRO

Iveson remains optimistic LRT funds are coming

Mayor Don Iveson says despite comments from Premier Alison Redford that the city should re-examine its priorities to build LRT he is still optimistic the government will step up.

"The province overall does have a strong commitment to transit. We just need to sort out the timing and actually get it to show up in future budgets," he said.

He said because the \$1.8-billion

project is so large, simply moving money around won't get the project rolling.

"You would have to unfund basically the rest of the budget to fund LRT and that would have consequences," he said.

Iveson said he hopes the province will commit to the project and to long-term funding for transit in its coming budget, but they will need an answer soon.

"If we are still having this debate in three or four months' time then we will likely lose another construction season."

City spokesperson Quinn Nicholson said scaling back the project is also problematic, because if it doesn't reach Mill Woods it won't be as effective.

"That reduces a lot of your ridership and a lot of the justification for the line to exist in the first place." RYAN TUMILTY/METRO



A conceptual drawing shows the proposed line arriving in Churchill Square, which would be the end point for the project. COURTESY CITY OF EDMONTON

Air Canada grounds soldier's service dog

PTSD. Pug-schnauzer-terrier Snoopy trained to deal with anxiety

An Alberta soldier with post-traumatic stress disorder says she's disappointed Air Canada wouldn't allow her dog on board a plane as a service animal.

Sgt. Shirley Jew said the airline told her PTSD isn't recognized as a disability that requires a service dog. Staff told her she'd have to travel with her pug-schnauzer-terrier Snoopy as a pet — for a \$50 fee.

"I never thought I would be treated like a third-class citizen like I was with them. It

was a slap in the face," Jew said Monday after taking a different flight from Edmonton to Toronto on WestJet.

She said WestJet let Snoopy fly for free.

Air Canada refunded Jew's ticket and, in a statement, apologized, calling the matter a "misunderstanding."

"Air Canada does have a policy in place to accept service animals of passengers with disabilities. These disabilities are not limited to physical disabilities," said the statement.

Jew said she was diagnosed with PTSD in 2012, after serving three tours overseas. She got Snoopy last spring and the dog helps calm her down when she gets anxious or angry.

THE CANADIAN PRESS



Sgt. Shirley Jew and her service dog Snoopy. Jew, an Alberta soldier with post-traumatic stress disorder, says she's disappointed Air Canada wouldn't allow her dog on board a plane as a service animal. CANADIAN ARMED FORCES/THE CANADIAN PRESS

1 NEWS

REVOLUTION AUTO AND TRUCK CENTRE **EDMONTON'S NEWEST PRE-OWNED DEALERSHIP**
FORMERLY MILLWOODS SUZUKI

• OVER 100 PRE-OWNED CERTIFIED VEHICLES TO CHOOSE
• 99% GUARANTEED APPROVAL – APPLY @ AutoLoanEdmonton.ca

MISSION STATEMENT
QUALITY AND VALUE COME FIRST • INTEGRITY • CUSTOMERS ARE OUR FOCUS • TEAM WORK
SERVICE – CERTIFIED REPAIR CENTRE FOR A VARIETY OF MAKES AND MODELS

WWW.REVOLUTIONAUTOANDTRUCK.COM
3403 - 93 STREET EDMONTON • AB • (AUTO ROW) • 780-450-4500

Homeless for a Night. Annual event no more

The annual Homeless for a Night event is no more as Youth Empowerment and Support Services (YESS) officials gear up for a replacement event.

Decreasing donation amounts over the past few years prompted event officials to stop the Homeless for a Night event before it no longer became a generous fundraiser.

"In best practice, we wanted to catch it before it really, really took a slump," said Freddy Damani, communications coordinator with YESS.

Last year's fundraiser drew in about \$80,000 for the non-profit during its seventh year of the event, which has dropped from previous years.

"It was a great event, we loved it, but we have to do the best for our kids; we have to make sure we come up with the best options," said Damani.

The non-profit is replacing Homeless for a Night



YESS, which among other services operates a medical clinic, has decided to cancel its Homeless for a Night event. METRO FILE

with a pledge-based fundraiser called The Backpack Project.

Using an online app, the fundraiser will ask participants to choose one of six YESS identities to guide them through a simulated week of life on the street. Prior to the official launch of the app, registered users can collect pledges, which earn them online bonuses. It will launch Mar. 7.

STEPHANIE DUBOIS/FOR METRO

Gunpoint crimes

Man charged for series of robberies

Solomon ZeMichael Teklie, 39, has been charged in connection to three violent robberies that happened in north Edmonton on Saturday. Police were first called to an incident where a car owner was held at gunpoint and had their vehicle and smartphone stolen. Ten minutes later, police responded to a robbery at gunpoint at a financial institution, which was quickly followed by another gunpoint robbery nearby. METRO

County lands

Coalition group forms to oppose Edmonton proposed annexation

A group of Leduc County businesspeople, landowners and residents have come together to form an official opposition group to the City of Edmonton's proposed annexation of county lands. Leduc County Mayor John Whaley said the group helps balance the political discussions.

STEPHANIE DUBOIS/FOR METRO



Dr. Ze'ev Gross plans to launch a pilot project to connect the unemployed with support services to help get them back into the workforce. LEAH GERMAIN/METRO

Edmonton doctor hoping to get people Back to Work

Vicious cycle. Physician looking to break down cycle of people losing work due to illness

LEAH
GERMAIN
Metro in Edmonton

An Edmonton doctor is looking to give people in need a helping hand getting back to work.

"As a medical professional, we know work and health are intertwined," said Ze'ev Gross, a family physician in north Edmonton.

Gross, who immigrated to

Canada from Israel in 2009, is looking to launch a pilot project to link people with health issues to support services to help find them work.

"We know that people who are not so healthy are more prone to leave the work circle and those who go out of the work circle tend to deteriorate in their health," he explained.

The idea behind the Back to Work program is to break what Gross calls a vicious cycle.

Gross said he was inspired to start the program after seeing many patients that are affected by being unemployed.

"Everything is connected," he said. "I noticed once we

make a real step (forward) for health, (people) start to feel they regain their energy."

The project will start with a pilot group within a few months to gauge how the initiative works, Gross said.

"We can measure the success after six months," he said. "From there on, the idea is to make it viral."

Gross said he plans to turn the project into an online resource, comparable to a dating site.

"It is going to be working on the mindset of the people," he added. "It's not enough to create the opportunity (for a job) if the person is not ready."

For more information, email Gross at zvgross@gmail.com.

Quoted

"We know that people who are not so healthy are more prone to leave the work circle and those who go out of the work circle tend to deteriorate in their health." Edmonton physician Dr. Ze'ev Gross

Pet Expo

January 25 & 26 Edmonton EXPO Centre Hall A

Sat: 10am - 6pm | Sun: 10am - 5pm

\$12.00 General Admission (12+) • \$10.00 Children (ages 5 - 11)
\$34.00 Family Pass (2 General Admission and 2 Child Tickets)

- Lots Of Animals To Visit, Including Dogs, Cats, Reptiles, Rabbits & More!
- Exciting Dog Sport Demos.
- Ask A Vet Panel.
- A Variety Of Products And Services For You And Your Pet.
- Charitable Support To The Animal Cancer Therapy Subsidization Society.
- Building A Strong Community Of Pets And People.

* All promotions subject to change without notice.



To register and for full contest details visit clubmetro.com



Buy Your Tickets at PetExpo.ca

Petland

RAMADA

ACISS

100.3 FM
BEAR

96.3 FM

K-97

200

790 CFCW

metro

THE CITY OF
Edmonton



It's Auto Show Season. 3 Payments Waived.

For a limited time, take advantage of these great offers.



THE 2014 B 250. TOTAL PRICE¹ : \$33,140**

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$298*	3 months
60 Months	45 Months	\$6,190* Down	payments waived ²

¹Taxes extra.



THE 2014 C 300 4MATIC™ AVANTGARDE EDITION SEDAN.
TOTAL PRICE¹: \$44,890**

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$358*	3 months
60 Months	39 Months	\$8,400* Down	payments waived ²

¹Taxes extra.



THE 2014 C 250 AVANTGARDE EDITION COUPE.
TOTAL PRICE¹: \$47,390**

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$468*	3 months
60 Months	39 Months	\$7,540* Down	payments waived ²

¹Taxes extra.



Ask us about Prepaid Maintenance.
Mercedes-Benz.ca/PPM



Mercedes-Benz

The David Morris Difference:
Great Selection. Warm Viewing.

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2014 Mercedes-Benz Canada Inc. 2014 B 250 with Sport Package/2014 C 350 4MATIC™ Avantgarde Edition Sedan/2014 C 350 Avantgarde Edition Coupe shown above, National MSRP \$32,500/\$52,800/\$54,850. **Total price of \$33,140/\$44,890/\$47,390 includes freight/PDI \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires of up to \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. First, second and third month payment waivers are capped for the 2014 B 250/2014 C 300 4MATIC™ Avantgarde Edition Sedan/2014 C 250 Avantgarde Edition Coupe up to a total of \$1,200/\$1,350/\$1,350 (including taxes) for lease programs and up to a total of \$1,800/\$1,950/\$1,950 (including taxes) for finance programs. Payment waivers are only applicable on the 2014 B-Class, C-Class Coupe and C-Class Sedan models. *Lease offers based on the 2014 B 250/2014 C 300 4MATIC™ Avantgarde Edition Sedan/2014 C 250 Avantgarde Edition Coupe available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$298/\$358/\$468 per month for 45/39/39 months. Down payment or equivalent trade off \$6,190/\$8,400/\$7,540 plus security deposit of \$300/\$400/\$500 and applicable taxes due at lease inception. MSRP starting at \$30,500/\$42,250/\$44,750. Lease APR of 2.9%/2.9%/2.9% applies. Total obligation is \$19,872/\$22,733/\$26,273. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term and a finance APR of 0.9%/0.9%/0.9% and an MSRP of \$30,500/\$42,250/\$44,750. Monthly payment is \$469/\$614/\$687 (excluding taxes) with \$5,630/\$6,865/\$7,115 down payment. Cost of borrowing is \$634/\$830/\$928 for a total obligation of \$33,746/\$43,692/\$48,290. Vehicle license, insurance and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends January 31, 2014.

Health care. Costs should be made available to patients: Hospital CEO

Watching *Breaking Bad* — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musyj thinking about how little Canadians know about the cost of their health care.

Musyj, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately \$50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musyj asked in an interview.

In a report to his hospital's board of directors, Musyj suggested people should be provided with a summary of all their Ontario Health Insurance Plan charges on an annual basis, or when a patient leaves a hospital.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musyj.

The New Democrats "love" the idea of letting people see their OHIP charges on a website. "They are taxpayers' dollars and we should know how much money was spent for the service that we got," said NDP health critic France Gélinas.

The Progressive Conservatives also support giving patients accurate information on how much their care costs.

Musyj said he's pretty sure of one thing: "If *Breaking Bad* was a Canadian or an Ontario series it would have been over in one episode because Walter White would have gotten his chemo without charge and would have gone into remission and the series was over.

"It wouldn't have gone on because he wouldn't have had to turn to a life of crime to pay for it." **THE CANADIAN PRESS**



Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon, at his family farm near Sderot, southern Israel, on Monday. Israel said its last farewell to Sharon on Monday with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at the farm. **ARIEL SCHALIT/THE ASSOCIATED PRESS**

Controversy

Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix, among a new batch of cardinals selected Sunday by Pope Francis, spoke out Monday against the proposed Parti Québécois legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference when asked about the charter, a document tabled last fall by the minority PQ government.

"People are every day more afraid of each other. Instead of bringing us together and bringing our cultures together and sharing the richness of who we are, we're starting to build walls and be afraid of each other." **THE CANADIAN PRESS**

We'll help you make "finding a new job"
the resolution that actually sticks.

Search from over 650 new jobs posted every day.

Need help starting the year off right? We have the best tips and tools to motivate you in achieving your career goals. No matter how ambitious. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis

"Number one job site" based on six-month average online job postings for period ending December 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.





THE ULTIMATE IN PRE-OWNED CERTIFIED

WWW.LEXUSSOUTHPOINTE.COM

ONE YEAR ANNIVERSARY



4 TO
CHOOSE FROM



2008 Lexus ES350
Auto, leather, sunroof, low kms.
L300148B

only \$19,750



2013 Lexus ES350
Auto, leather, sunroof, only 11000kms.
L300093

only \$35,850



2009 LEXUS RX350
Auto, leather, premium pkg with nav.
L400174A

only \$27,850



2010 Lexus RX350 AWD
Auto, leather, sunroof, premium package,
only 53000kms. L400243A

only \$36,850



2010 Lexus RX350 AWD
Auto, leather, sunroof, premium package.
L300533B

only \$33,850



2009 Lexus ES350
Auto, leather, sunroof.
L300194A

only \$20,750



2012 Lexus RX350 AWD
Auto, leather, sunroof, premium package,
2 only, 21000kms. L300730A

only \$42,850



2012 Lexus RX450h AWD
Auto, leather, sunroof, navigation, Touring
package, only 44000kms. L4D0298A

only \$51,850



2012 Lexus IS250
Auto, pw, pl, only 11000kms.
L400034A

only \$28,850



2013 Lexus RX350 AWD
Auto, Ultra premium 2 package with Blind Spot
Monitoring, only 1100kms like new . L400082A

only \$56,850



2013 Lexus RX350 AWD
Auto, pw, pl, only 13000kms.
L300141

only \$43,850



2009 Lexus RX350 AWD
Auto, leather, sunroof, low kms.
LUC008

only \$25,850

LEXUS

SOUTH POINTE

780-989-2222

www.lexussp.com

On the Corners of Ellerslie and Gateway Blvd. SW



All prices plus GST. See dealer for details.



Death of the change purse? Royal Canadian Mint tests digital currency MintChip

The Royal Canadian Mint's ambition to launch a secure system to send and spend digital currency, nicknamed MintChip, has passed a new milestone.

While still in research and development mode, MintChip's first proof-of-concept implementation — an integration with a retail point-of-sale terminal made by Ingenico — is being displayed this week at the National Retail Federation's annual convention in New York.



First launched in 2012, just days after it was announced the penny's days were numbered, MintChip was introduced as a potential way for consumers to digitally exchange money in small denominations, in transactions of about \$10 or less.

It could be used in place of cash to buy a coffee or fast food, and online it was envisioned to enable easy transactions for things like buying music, news articles or add-ons for video games.

THE CANADIAN PRESS

McD's CEO saw success at bottom of coffee cup

Do you want a cup of joe with that? Head of McDonald's Canada gave flagging business a jolt by brewing up premium roast java

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way.

Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And



John Betts, president and CEO of McDonald's Restaurants of Canada, serves a McCafé coffee at the busy restaurant location in the Toronto Eaton Centre. TORSTAR NEWS SERVICE FILE

they tasted the coffee. And went back to Michigan to improve their coffee.

It was a small innovation, but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger

King and Dunkin' Donuts.

When in 2008 he was named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April

2009. The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2008.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says.

TORSTAR NEWS SERVICE

Analysts. Lululemon may hold downward dog pose for the foreseeable future

Lululemon Athletica Inc.'s unexpected lowering of its fourth-quarter profit outlook sent its stock tumbling Monday and raised questions about how long the yoga fashion retailer's problems will last.

Chief financial officer John Currie said Monday that the company was on track to deliver on its sales and earnings guidance through December, but had seen traffic and sales trends "decelerate meaningfully" since the beginning of January.

Analysts questioned the Vancouver-based company's future amid guidance revisions that, as Cowen and Co. analyst Faye Landes put it, are "starting to feel like a chronic injury."

Sweating it out

Lululemon isn't the only retailer facing headwinds as shoppers deal with an uncertain economic recovery.

- But the company has suffered some specific setbacks of late — including its handling of a problem with its black luon pants, the fabric of which was sometimes so thin, the pants were see-through.

"To say that these are weak results would be an understatement," she said in a note to clients. THE CANADIAN PRESS

Cost of suds bubbled up
\$145M fine on tap for price-fixing beer in Germany

German antitrust authorities have fined a group of beer brewers a total of 106.5 million euros (\$145 million US) for illegal price-fixing between 2006 and 2008. THE ASSOCIATED PRESS

E-commerce

PayPal tests out easier checkout

EBay's payments service PayPal has redesigned its online checkout process to let shoppers complete their payment on merchants' websites, rather than go to a separate PayPal site.

THE ASSOCIATED PRESS

NEED MONEY?

✓ No credit checks
✓ Fast approvals

866-499-5629
And get cash now!!
www.mynextpay.ca

GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, and print production knowledge
- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than Jan. 24, 2014. PLEASE QUOTE: "Graphic Designer - Edmonton" in the subject line. All submissions will be treated as confidential.

PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting, but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a \$770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream



SHE SAYS
Jessica Napier
metronews.ca

masses in North America and beyond.

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her

partner to buy a pricey item off her delivery-room wish list.

Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgement.

Isn't the miracle of life gift enough?

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Why hello there, Miss Bear



Metro Q&A with photographer

'Not a man in a bearsuit'



KEVIN DIETRICH
Realty broker/amateur
photographer, 33,
from Steamboat
Springs, Colo.

Where did you take this amusing photograph?

In the Chugach National Forest in Alaska. My brother

and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

Did you feel in any danger being close to a grizzly?

Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a photo-

tograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

What has been the reaction to your picture?

Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing

aspect.

What does this image represent? Is it more than a shot of a cute bear?

In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

INTERVIEW BY ANTHONY JOHNSTON/
METRO WORLD NEWS



CONTRIBUTED

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Bonnar Dowler, visionary, quiet hero, and expert hotdog griller

Where: Summerland, B.C.
What: Founded Agur Lake Camp

Why: Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own

struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

What will this camp mean for the families who visit?

It will give them a break from the pain and suffering they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

Where do you get your motivation to keep getting involved? Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:

Send us your comments: edmontonletters@metronews.ca

SCENE 2

10

SCENE

metronews.ca
Tuesday, January 14, 2014

You're Next

Director. Adam Wingard

Stars. Sharni Vinson

You don't need anybody to fingerpaint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Poehler's man-pal wages war against Bono post-smooch

MELINDA TAUB
Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical. Since she didn't have a seat in the audience, she sat on Bono's lap when her nomination

was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono.

Poehler's boyfriend Nick Kroll, comedian and star of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.

E! airs cringe-worthy Parkinson's comment

Fun fact: People suffering from degenerative diseases don't make great fodder for cute pop-ups during award shows. E! learned this the hard way when they aired the "fun fact" during the Golden Globes red carpet pre-show that Michael J. Fox was diagnosed with Parkinson's disease in 1991. Twitter immediately blew up with users furious that the channel

would make light of the actor's longtime struggle with the disease, mostly because the wording was just so bad. That Fox was diagnosed with the disease in 1991 was indeed a fact. In no way is it fun. The network quickly realized their error and issued an apology to the actor, stating that they "understand the serious nature of the disease and sincerely apologize."

Twitter



@SethRogen

I'm a little behind on the globes but HOLY S—! Christopher Plummer won for Beginners!



@SteveCarell

Every six years I purchase a can of Underwood Deviled Ham thinking that it will be something other than what it is.



@WhitneyCummings

Hey somebody send me a text so I can over analyze it!



Confidence in every element.

Enjoy a 0.9% finance rate on ALL 2010-2012 Certified Pre-Owned vehicles + the control of 4MATIC™ permanent all-wheel drive on select models.

Mercedes Benz

C E R T I F I E D

Certified. Affordable. Luxury.

Buying Certified gets you:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

Visit davidmorrisfinecars.com

0.9%*
for 24 months

Mercedes-Benz



2011 GLK 350 4matic™, \$36,555 +GST

Stock # shown P11-10236

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2014 Mercedes-Benz Canada Inc. *0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2010-2012 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2010 model: \$25,000 at 0.9% per annum equals \$1051.46 per month for 24 months. Cost of borrowing is \$235.05 for a total obligation of \$25,235.05. Down payment may be required. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end January 31st, 2014.

HIMYM star smiles it forward

Alyson Hannigan.

The How I Met Your Mother actress talks to Metro about some of the surprises that parenting brings

EMILY
LAURENCE
Metro World News

How I Met Your Mother star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate \$1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which [are] very colourful.



How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

That must be interesting.

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie, black is all the colours — I'm

wearing them all!"

Who do you go to and trade parenting advice with?

I talk to the other moms at my daughter's school and my best friend, Pamela Fryman,

who is the director of How I Met Your Mother. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

Which one of your co-stars

is the best with kids?

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies He likes to keep his distance, but he's really good with them.

Intouchables

Science IN THE Cinema

ASK A HEALTH RESEARCHER: IS IT SCIENCE OR FICTION?

Thursday, January 16th, 2014. 6:30 – 9:00 PM

An aristocratic quadriplegic hires a young man from the projects to be his caregiver. Dr. Karim Fouad will introduce the film. Dr. Fouad is Professor and AIHS Senior Scholar, Faculty of Rehabilitation Medicine, and member of the Centre for Neuroscience, University of Alberta. He will host a discussion about spinal research after the film.

14^A

FREE

admission & popcorn

Metro Cinema
at the
Garneau Theatre

8712 - 109 Street
Edmonton

aihealthsolutions.ca/sitc/

f Like us on Facebook:
Science in the Cinema



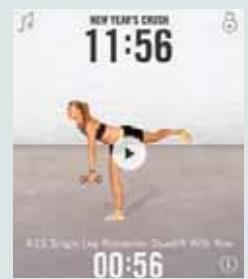
Review

Get fit with the help of celebrities



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Nike Training Club iPhone/Android Free You don't actually work out alongside Maria Sharapova. Instead, she and other celebrity athletes show you the steps before abandoning you to an uninspiring timer in this otherwise feature-rich fitness trainer.



Perils of cold weather.

Frostbite can start developing within seconds in bitterly cold sub-zero temperatures

It seemed to Karl Zebarth like a good idea at the time: he had just left a friend's New Year's Eve party and decided to dash through the park to his nearby home in Georgetown, Ont., a shortcut taken before without incident.

But Zebarth, dressed only in a light sweater and jeans, slipped on the slick surface left by the pre-Christmas ice storm and cut his hands, which he'd thrown out to break his fall.

He couldn't get up.

"I had drunk a little, but not a lot. It was just the ice," says Zebarth, 24, who was rescued by a young couple walking by who heard his calls for help and summoned an ambulance.

The temperature with the wind chill was close to a frigid -20 C that night, and within minutes frostbite had begun to set in on his gloveless hands.

Signs and symptoms of frostbite

- A slightly painful, prickly or itching sensation
- Red, white, pale or greyish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Clumsiness due to joint and muscle stiffness
- Skin that has turned black, indicating gangrene

"They were terrible," he says of his fingers. "They were very swollen, very colourful — black, purple, yellow — and they were losing a bit of skin. I started getting blisters that started bleeding."

Depending on how low the temperature plunges, frostbite can start developing within seconds in exposed body parts like the nose, earlobes, fingers, hands and toes, explains Dr. Marc Jeschke, director of Sunnybrook Hospital's burn unit, where Zebarth spent a week being treated.

As with burns, there are different degrees of frostbite, ranging from superficial — often called frostnip — to extreme deep freezing that can even destroy bone.

Exposure to bitterly cold temperatures causes blood and other fluids in the tissues to crystallize, "almost like a freezer," says Jeschke.

"At the beginning, it's painful," he says. "We all know this when we go out and shovel snow — all of a sudden it's painful. Then after a while, because of the crystallization and the cold, it has an anesthetic effect. It means you don't feel it."

If someone suspects they have frostbite, they should get indoors and bathe the affected area in lukewarm water — not hot, as that can cause more damage — and take ibuprofen for pain and inflammation, says Jeschke.

THE CANADIAN PRESS



As with burns, there are different degrees of frostbite. ISTOCK IMAGES

Banks can go over the top with overdraft protection

Avoid overspending with cash control. But if you must do it search for a fixed fee, watch for greedy charging plans



GAIL VAZ-OXLADE
life@metronews.ca

I've worked with a lot of people who have overdraft protection, and I hear from many more every month. While there are pros and cons to overdraft protection, most people sign up without really understanding what they're "buying."

Overdraft protection is usually sold to people when they open their accounts as the way to ensure that bounced cheques don't ruin their credit ratings. When you try to spend money

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

you don't have in your account, the bank covers the withdrawal — be it a cheque, debit or cash withdrawal.

Don't confuse the kind of overdraft protection you "buy," for which you sign an agreement, with what some banks call "bounce protection" or "courtesy overdraft protection" which they offer to save you from the embarrassment or hassle of a returned cheques, which can be very expensive.

The average courtesy overdraft fee runs to about \$29 a

month, but fees can be substantially higher depending on how undisciplined you are. And since the fee is levied regardless of the amount you go into overdraft for, it can be astronomical when you calculate it as a percentage of the "loan."

One woman wrote me to say that she was appalled when her statement came in and she had over \$160 in bounce fees. Some banks are trying to make their OD protection even more profitable by charging up to \$5 for every business day an overdraft is created or increased. So if you go into overdraft on the 12th, you'll be dinged with a \$5 charge. Buy something for \$1.25 the next day and go further into your overdraft and you'll be dinged with another \$5 fee. Ouch! I'm all for the traditional overdraft protection for which you sign an agreement so you know what you'll

pay in interest, and for which you pay a flat monthly fee.

This is particularly true if you're in a transition: getting separated or divorced, moving or changing jobs. An overdraft protection plan beats the pants off of NSF fees and the bruise on your credit report. And it is far less expensive than the pay-as-you-go option. What I'm not down with is the idea that overdraft protection gives people

a license to ignore their cash management. No, you can't spend whatever you want, whenever you want, because overdraft protection is there to catch you like a safety net. And you're not allowed to live in overdraft, squeaking into the black for a couple of days twice a month when your paycheque passes through your account. While some of you might think, as I do, that overdraft

protection is a short-term affair — most last only about five days or less — I've met oodles of people who practically live in overdraft. And, ya know what?

The banks don't mind one little bit when you go into overdraft, since overdraft interest rates are well above regular lending rates. One bank I checked charges 21 per cent interest on your outstanding overdraft balance, along with the fee that going into overdraft automatically triggers.

The solution is to manage the cash in your account so you don't try to spend money you don't have. How do you do that? Easy. You use a spending journal to track what's going into and coming out of your bank account. If you think that sounds like too much work, you're a dope. Staying out of overdraft will save you a bundle.



You can't spend whatever you want, whenever you want because overdraft protection is there to catch you like a safety net. ISTOCK

No more credit card debt...really!

Yes! You can finally get rid of your credit card debt! A **consumer proposal** helps you negotiate your debts into one manageable monthly payment that suits your needs, protects your assets and you may even **reduce your overall debt - including credit cards.**

Free, no obligation consultations:

Toll free: **310-8888** or visit **gt.alger.ca**

Evening and weekend phone consultations available!



Karen Horvath & Freida Richer



Grant Thornton

Proposal Administrators | Debt Counselling
Debt Restructuring | Trustee in Bankruptcy
© Grant Thornton Limited, A Canadian Member of Grant Thornton International Ltd.

GET A NEW START WITH ROBERTSON

The new year is often a time when people decide to make positive changes in their lives.

If you are looking at getting a new career or changing your current position, there are a number of factors to consider.

Deciding what you would like to do is often the most difficult question to answer, but for those who are unsure, Robertson College may be able to help.

Why not start with a basic administrative program, which will allow you to be employment-ready in less than four months? This program will provide you with training in computers and customer service required to get you started in any business environment.

Or you can take a more specialized approach with the administrative professional program, with the options of bookkeeping, payroll or legal compon-

ents added on to further enhance your education and allow yourself even more opportunities for employment.

Each of these programs includes a practicum allowing you the opportunity to practise your skills in a job setting.

Robertson College will assist you in finding the right direction for you and your career.

For more information, please visit robertsoncollege.com.



COLOURBOX



SYDA PRODUCTIONS/COLOURBOX

DESIGNING THE FUTURE AT DIGITAL COLLEGE

The federal government is now recognizing the value of the contributions that private career colleges are making to Canada's economy.

In a recent press conference, Jason Kenney, Minister of Employment and Social Development and Minister for Multiculturalism, referred to private career colleges as the "unsung heroes in our educational system."

Digital School Technical Design College is designing the future as Alberta's

premiere drafting, design and building information modelling college.

"We are continually hearing from employers and industry leaders how the need for qualified drafters is growing and growing, not only in Alberta, but around the world," says Brady Sylvester, assistant manager, Digital School.

"The field of computer-aided drafting is one that will never stop changing and looking for ways to do things better, and that's where Digital School really

shines with our emphasis on training our students in the latest software and techniques."

One of the ways Digital School is thinking ahead is by offering courses like BIM (building information modelling).

Digital School is a private career college offering computer-aided design courses (CAD) where students can earn a degree in less than a year, either full time, part time or online.

For more, please visit digitalschool.ca.

A hand is holding an iPad Mini, which displays a promotional message: "YOU COULD WIN A YEAR OF FREE TUITION OR AN IPAD MINI". The background features a yellow and black graphic design.

Improve your odds! The sooner you apply, the more chances you'll have to win an iPad mini!

**University
of Regina**



CONTRIBUTED



PRESSMASTER/COLOURBOX

PUT SKILLS TO USE WITH U OF A

Step into a new management role with confidence — in either a new job or existing career — with the right training.

For individuals or organizations looking to increase leadership potential, the University of Alberta faculty of extension has a number of management training programs to stimulate and enhance leadership capabilities.

“Our courses are designed to be immediately relevant and capable of being practised,” says Sandra Lacza, program unit lead for Management and Leadership, University of Alberta faculty of extension. “Individuals who take our programs and seminars can learn specific management skills that they can take back to their places of employment and immediately put to use.”

The faculty of extension offers a number of different types and levels of management training.

These training options include taking an individual course if there is something you would like to specifically learn. Or, if you are looking for a fuller, enriched learning opportunity, the management development certificate program prepares and shapes individuals to join management teams.

“Too often, we see employees who are hoping for a promotion — or sometimes even get a promotion — into management, yet struggle to make the required transition of responsibility,” Lacza says. “Often it can result in subpar performance, high stress levels or a combination of these.”

“Management development is important because it addresses some of these dangers and challenges head on.”

She adds that the program prepares individuals for the challenges they will face, and when those challenges do occur, they are approached with confidence, competence and capability.

The faculty of extension also has more targeted certificate programs in human resources management and information technology management, and offers management seminars.

“These short one- or two-day seminars zero in and focus on a specific skill needed to effectively manage organizations,” Lacza says.

For organizations looking for management training for employees, the faculty of extension offers in-house training, group training or shorter programs designed for an individual organization to meet the specific needs of the client.

For more information about the management programs available through the University of Alberta faculty of extension, visit extension.ualberta.ca/management.



PREPARE FOR APPRENTICESHIP JOBS IN ALBERTA'S PLUMBING, INSULATION AND SHEET METAL TRADES.

Jump-start your career in the sheet metal trade.

Learn practical knowledge and safe work habits from industry professionals through a combination of in-class study and hands-on training. Whether you’re just starting your career or making a career change, these evening and weekend courses make it convenient for you to keep up with life commitments while preparing for a well-paying job in the trades.

NAIT’s sheet metal Job Readiness grads are prepared to meet the needs of employers and industries.

Visit nait.ca/jobready for more information. Enrol today. Classes start February 11, 2014.

A LEADING POLYTECHNIC
COMMITTED TO STUDENT SUCCESS



ACCELERATE YOUR CAREER AT EXCEL

The Excel Academy, established in 2000, is licensed under the Private Vocational Schools Act by Alberta Advanced Education and operates under the umbrella of the Excel Society.

The Excel Society celebrates 50 years of operation this year as a non-profit society dedicated to enabling people with disabilities and mental health issues to develop their full potential through employment and community living.

As a non-profit organization, it is also able to provide high-quality training at significantly lower tuition rates than most other training institutes.

Register now for January classes and be career-ready in as little as 17 weeks.

The Excel Academy offers the community support worker certificate and the health-care aide provincial curriculum certificate programs. Full-time programs start Jan. 27.

Additionally, the health-care aide prior learning assessment and recognition program provides learners with previous experience the opportunity to obtain their certificate in a shorter period of time and at a lower cost.

An extensive professional development and training calendar can also be individualized to company needs.

For more information, call 780-441-7999, or visit excelacademy.ca.



CONTRIBUTED



CONTRIBUTED

CONCORDIA SCHOLARSHIPS OPEN DOORS

While most students leaving high school plan on attending a post-secondary institution, many of these students are not financially prepared to take on this responsibility.

That is where entrance scholarships, like the one available at Concordia University College of Alberta, comes in handy.

"I like to think of entrance scholarships as free money," says Margie Schoepp, financial aid and awards co-ordinator.

"It doesn't have to be repaid like a

loan and it's also a reward for applying yourself in high school."

If you have applied yourself in high school and demonstrated you have the academic skills to succeed, you may be eligible.

And Schoepp says Concordia likes to reward success.

"Our entrance scholarship program opens doors and possibilities for students," she says.

Concordia offers a guaranteed entrance

scholarship for high school applicants who are entering university with a minimum 75 per cent or higher award average.

Applicants must apply for admission prior to April 1 to be considered — there is no separate application to fill out.

The scholarship can be renewed every year of the student's degree program provided they keep their grades up.

For more information, please visit financialaid.Concordia.ab.ca.

EXCEL ACADEMY

Looking for a career that will lead you to reach NEW HEIGHTS?

Community Support Workers take an active role supporting individuals with developmental and physical disabilities and those with mental health illnesses to have meaningful and active lives in their communities.

High Job Prospects

- Be career ready in 17 weeks

Affordable Prices

- Tuition – \$2250

Caring and Holistic Setting

- Small class sizes give you more instructor support

Health Care Certificate Programs also available

Located at 10766 – 97 Street

New Classes Starting January 2014. Apply Now!

780-441-7999 • EXCELACADEMY.CA

UNIVERSITY OF CALGARY SOCIAL WORK

Social Justice matters

Social Work Education IN EDMONTON

BSW Info Sessions

Tuesday, Jan. 14th, 12:00 noon
 Thursday, Jan. 30th, 12:00 noon
 Thursday, Feb. 13th, 5:00 pm
 444, 11044 Whyte Ave, Edmonton • 780.492.3888

Apply now for fall 2014 admission to the undergraduate program. BSW admission routes for post-diploma and university transfer applicants. MSW admission routes for both BSW and other degree holders (admitting every other year on odd-numbered years).

Prospective students: fsw.ucalgary.ca/fswcentralandnorth

BSW APPLICATIONS RECEIVED UNTIL MAR. 1, 2014.
 Equality • Collaboration • Diversity • Individuals • Families • Communities

HELPING OTHERS

AS A SOCIAL WORKER WITH U OF CALGARY

Social work is a vitally important profession, rooted in values of social justice and concern for humanity.

"As a profession, social work is concerned with issues of fairness and equality," says Dr. Anne-Marie McLaughlin, associate director, academic for the Central and Northern Alberta Region of the faculty of social work, University of Calgary.

The University of Calgary social work program is the only degree-granting university program in the province.

"We offer a variety of programs to fit diverse needs of students," McLaughlin says.

Besides the traditional full-time, two-year BSW program, it also offers an MSW program designed to allow practicing



CONTRIBUTED

social workers to obtain graduate-level education through a part-time program delivered on evenings and weekends.

"We also offer a route to graduate education for those students who have an undergraduate degree outside of social work — our MSW foundation program."

The undergraduate BSW program is a full-time program and students are admitted every year. The graduate MSW program admits students in the fall term each odd-numbered year, with the next intake in 2015.

For more information about the faculty of social work, visit fsw.ucalgary.ca/fswcentralandnorth.

ACADEMY OF LEARNING IS A LEADER IN TRAINING

While a post-secondary education is a valuable asset for any individual, colleges, especially those with programs aimed at practical skills training and career education, are gaining ground on turning out graduates who will run the economy of the future.

Among these are career colleges like the Academy of Learning Career College.

Academy of Learning has been a leader in individualized, multimedia career training in Canada for more than 25 years.

"We're very pleased to see more recognition of everything career colleges can do for people," says Charles Jarvis, general manager, Academy of Learning Career College. "The emphasis on the effects our training has on the economy is spot on because we have one mission — to give you the skills you need to get a good job."

"At Academy of Learning Career College, we are always studying labour market trends to ensure we are offering the programs people need, and our gradu-



SYDA PRODUCTIONS/COLOURBOX

ate employment rates show that we've been doing the right thing in those areas for decades."

Academy of Learning's integrated learning system makes it easier and more accessible for students to get an education in less than a year in areas such as health care, business, office administration, IT, web design, accounting and more.

For more information, please visit academyoflearning.ab.ca.

Management Programs



UNIVERSITY OF ALBERTA
FACULTY OF EXTENSION



Citation Programs

- Supervisory Development
- Business Analysis
- Social Media Strategic Marketing
- Social Media Communications
- Entrepreneurship

Certificate Programs

- Management Development
- Human Resources Management
- Information Technology Management
- Risk and Insurance Management

Business Seminars

- Financial Management
- Workplace Coaching
- Conflict Resolution

- Management Bootcamp
- Workplace Communication

780.492.3027
extension.ualberta.ca/management

JUMP-START A SHEET METAL CAREER

A career in the sheet metal trades starts with NAIT's job readiness courses.

Sheet metal workers typically work with a range of materials, including plastic, stainless steel, copper, PVC, black iron, galvanized steel and fibreglass.

They are generally employed by HVAC contractors in residential, commercial and industrial settings, or

become self-employed.

Provincial employers are actively seeking workers and support the job readiness course as a great way for individuals to get a jump-start into the trade and a successful career.

"The sheet metal job readiness course is an ideal way into the trade," says Gary Kesemheimer, associate chair of the NAIT

sheet metal department. "Students get practical experience that they can demonstrate to an employer and land a job. We have the equipment and instructors here to get people into a great career path."

NAIT graduate Darren Broesky, a sheet metal journeyman and co-owner of Total Plumbing & Heating, speaks highly of the sheet metal trade.

"You get to do your own designs and learn about building construction. It's clean and creative and at the end you appreciate what you build. Every job is unique and challenging."

There are many career options, including furnace and ductwork installation, furnace and air conditioning servicing

and retrofitting of residential and commercial heating systems.

Regardless of what area in which you choose to practise your trade, NAIT's job readiness courses will prepare you for a rewarding career.

The sheet metal job readiness course runs part time evenings over a two-month period starting Feb. 11. Upon successful completion, graduates earn a certificate they can present to potential employers, demonstrating they have gained practical experience and have the commitment to enter into a sheet metal apprenticeship.

For more or to register, call 780-471-6248 or visit nait.ca/jobready.

NEXT STOP, COLLEGE.

Academy of Learning Career College prepares students for a future full of opportunity.

TRAIN FOR A NEW CAREER IN ONE YEAR OR LESS!

- Health Care Aide
- Medical Office Assistant / Unit Clerk
- Legal Administrative Assistant
- Hotel and Tourism Management
- Marketing Coordinator
- Payroll Administrator
- Business Management
- Network Administrator
- Web Designer
- and more!



www.academyoflearning.ab.ca

EDMONTON DOWNTOWN (780) 424-1144 EDMONTON SOUTH (780) 433-7284 WEST EDMONTON MALL (780) 496-9428



Call Today
for more information



CONTRIBUTED

ARTS at CONCORDIA

Concordia offers a three or four year Bachelor of Arts programs.

Bachelor of Arts

Four Year Majors

- English
- Music
- Sociology
- Psychology
- (Applied Emphasis)

- Religious Studies
- Religious Studies (Applied Emphasis)

Three Year Concentrations

- Drama
- English
- French
- History
- Philosophy

- Political Economy
- Psychology
- Religious Studies
- Sociology



CONCORDIA
UNIVERSITY COLLEGE OF ALBERTA

7128 Ada Blvd.
Edmonton, AB
T5B 4E4

www.concordia.ab.ca

PRACTISE WHAT YOU ARE TAUGHT IN CLASS

CO-OP PROGRAM ENHANCES SKILLS AND LEARNING

Students in the University of Regina's co-operative education (co-op) program earned \$9.7 million in wages in 2013. But it's not just the promise of a paycheque that draws students to the program.

"Being able to practise and experience what you're taught in class and getting paid is the perfect balance," says Esther Edoho, a University of Regina student in the faculty of business administration. "Another perk is that you get to work with professionals in your field of study — they have offered me advice on how to progress with my future career and what I will need to know to stand out when it comes time for interviews."

Sydney Gossard is in her final year of studies with the faculty of arts (English) and centre for continuing education (public relations certificate) at the University of Regina. She agrees that the co-op

program provides relevant experience.

"My academic experience hasn't been trumped by my co-op experience, but rather enhanced," Gossard says. "The skills and values I could have only gained from the classroom are put to use in my work placements, and then further adapted into specific tasks and projects."

Since its inception in 1969, the university's co-op program has had a record of 835 career-related placements in 2013 — a 45 per cent growth in the last seven years. With more than 50 programs to choose from, students from the faculties of arts, business administration, engineering and applied science and science are benefitting from an average of 12 to 16 months of supervised work experience by the time of graduation.

"I have been able to use skills specifically related to my degree — my writing skills, my communication skills, my creativity," says Gossard, who is certain this experience will aid her in the future.

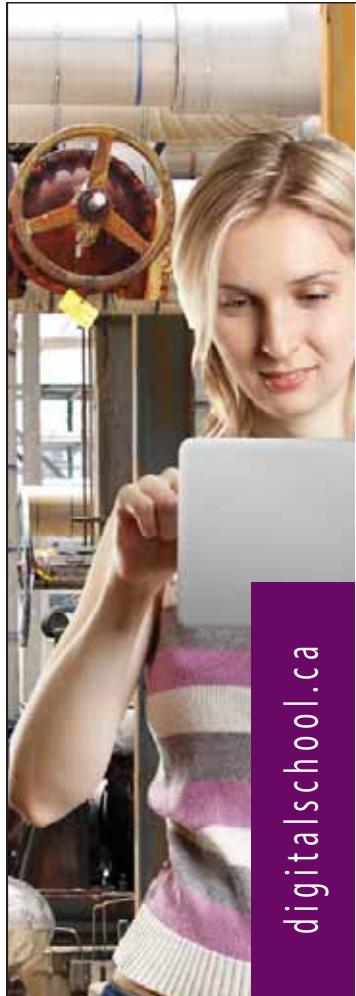
In addition to the co-op program, both students have taken advantage of other services offered at the University of Regina's career centre, which offers



SYDA PRODUCTIONS/COLOURBOX

workshops on resumé writing and interviewing, long-term career goal setting, and career and volunteer fairs.

For both students, the university's career centre has bridged the gap from classroom to career.



digitalschool.ca

THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

DESIGN YOUR FUTURE IN ONE YEAR OR LESS!

- Architectural CAD Technician
- Engineering CAD Technician
- Engineering CAD Technician with Process Piping Specialization
- Computer Aided Drafter
- Online Programs and Courses
- and more!

DIGITAL School
technical design college

1-877-414-0200

#304, 10205-101 STREET, EDMONTON

ROBERTSON COLLEGE

Become a Legal Administrative Assistant.

Includes Immigration Law.

New classes start February 24

Call 780.705.6633 or www.robertsoncollege.com

300-10115 100A Street, Edmonton

Almond Flour Brownies get Paleo-friendly, high-nutrient makeover

Health Solutions

A flour substitute – with a warning



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

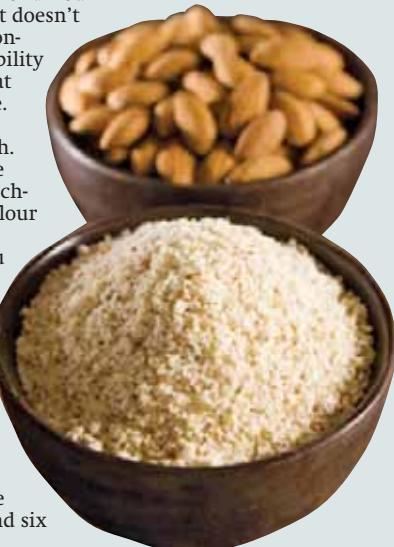
Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour recipes may be a good idea for you (or on occasion).

- Almond flour contains more protein than wheat flour, and has no gluten.

- Almond flour contributes twice the potassium and six



times more calcium than wheat flour.

- One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also benefit from added nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



TOTAL TIME
ABOUT 30 MINUTES

This recipe serves 12. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat

FLASH FOOD

From your fridge to your table in 30 minutes or less

oven to 350 F.

2. In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

3. Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and cocoa powder. Pour into pan.

4. Bake for about 22 - 25 minutes just until edges begin to set.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

wooden spoon until blended. Stir in chocolate chips.

3. Drop by heaping tablespoonfuls (15 ml) onto prepared baking sheets, at least 3 inches (7.5 cm) apart.

4. Bake, one sheet at a time, for 10 to 15 min or until golden around the edges and set in the centre. Let cool on sheets for 2 min, then transfer to racks to cool.

THE CANADIAN PRESS/ANDREW CAMPBELL OF BELLSON FARMS IN STRATHROY, ONTARIO/DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

DO YOU HAVE HIGH BLOOD PRESSURE?

Researchers at the University of Alberta want to find out if the blood pressure devices that are located in many pharmacies produce comparable measurements to 24-hour blood pressure measurements (considered the gold standard).

If these devices are comparable, patients may be able to be managed using readings from their local pharmacy instead of having to go to their doctor's office to have their readings taken.

If you are interested in learning more about this Clinical Trial, please contact Kristi (780) 492-6156 or Rebecca (780) 492-1098 at the Alberta Diabetes Institute.

You may be reimbursed for your expenses and compensated for your time.



(780) 492-1098 or (780) 492-6156

Dessert. Chocolate Chip Cookies

When these easy-to-make cookies are still warm (or if they aren't, put them in the microwave for a few seconds), make a cookie sandwich using a spoon of ice cream.

1. Preheat oven to 375 F (190 C). Butter large baking sheets or line with parchment paper.

2. In a large bowl, using an electric mixer, beat butter, both brown and granulated sugars and vanilla until fluffy. Beat in egg. Add flour, baking soda and milk and stir with a

Ingredients

- 1/2 cup (125 ml) butter, softened
- 1/2 cup (125 ml) packed brown sugar
- 1/4 cup (60 ml) granulated sugar
- 1/2 tsp vanilla
- 1 egg
- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 tsp (2 ml) baking soda
- 1/2 cup (125 ml) milk
- 1-2 cups (250 - 500 ml) chocolate chips

MLB

A-Rod sues league, players' union

Alex Rodriguez sued Major League Baseball and its players' union Monday, seeking to overturn a season-long suspension imposed by an arbitrator who ruled there was "clear and convincing evidence" he used three banned substances and twice tried to obstruct the sport's drug investigation.

THE ASSOCIATED PRESS

Johnny Football

Manziel teams with LeBron's associate, LRMR

Johnny Manziel confirmed Monday that he has signed with LRMR and Maverick Carter, the longtime friend and associate of LeBron James, to handle some of the 2012 Heisman Trophy winner's off-field projects.

The relationship with LRMR and Carter has been developing for some time. James said last week that he texted Manziel regularly throughout the quarterback's final season at Texas A&M.

THE ASSOCIATED PRESS

NFL

Broncos CB comes up lame, tears ACL

Denver Broncos cornerback Chris Harris Jr. is out for the rest of the playoffs after an MRI on Monday revealed a torn ACL in his left knee.

The Broncos will take on the New England Patriots on Sunday for the AFC championship.

THE ASSOCIATED PRESS



Ilya Kovalchuk, pictured last May at the world championships, has suited up for Russia at 14 different competitions. GETTY IMAGES FILE

4 SPORTS

Kovalchuk looking forward, not back

Olympics. Former NHLer at home in KHL, anticipating matchup against Canada in Sochi

family while playing for SKA St. Petersburg in the Kontinental Hockey League.

"I'm really enjoying everything here," Kovalchuk said in a telephone interview with The Associated Press after playing in Saturday's KHL All-Star game. "It's a great league. The game is different, but we are getting there. There are good players here for sure."

In any league, the six-foot-two, 230-pound forward is one of the best. He hits, he's fast and he can handle the puck. Oh, he can score.

Despite his scoring prowess, as well as that of play-

ers such as Alex Ovechkin and Pavel Datsyuk, the Russians didn't even make it to the medal round at the 2010 Winter Olympics. Canada humiliated Russia 7-3 in the quarter-final in a matchup of traditional powers that left Kovalchuk and Co. without a medal for the second straight games.

"It's old history," Kovalchuk said when asked what went wrong four years ago. "I'm looking forward to playing Canada in Sochi. If it's going to happen, it will be exciting."

Kovalchuk has represented Russia at three Olympics, in-

cluding the bronze medal-winning team in 2002, nine world championships, one world junior championship and the 2004 World Cup.

THE ASSOCIATED PRESS

'I'm young and got lots left'

For Canadian women's hockey player Hayley Wickenheiser's thoughts on the Sochi Olympics and retirement, go to metronews.ca/gameon to watch a video interview.



► Max out your TFSA contribution, not your credit card.

ING DIRECT
forward banking™



ingdirect.ca

Raonic stays on top of heat Down Under

Tennis. Men's 11th seed begins Australian Open by defeating opponent in four sets

Milos Raonic began his Australian Open with a 7-6 (2), 6-1, 4-6, 6-2 defeat of Spain's Daniel Gimeno-Traver on Tuesday to reach the second round in sweltering temperatures.

Raonic, the 11th seed from Thornhill, Ont., was tested for nearly two and a half hours in the demanding heat that hovered just above 40 C.

The heat was even too much for one of the ball kids, who had to leave the court in the middle of the match.

Raonic finally put away the victory on his fifth match point against an opponent ranked 77th in a first-time meeting.

"The heat was not a problem, but I struggled with a gusting wind, it was moving



Milos Raonic won his first-round match at the Australian Open in four sets on Tuesday. GETTY IMAGES

all around," said Raonic. "I also struggled to get back after losing my serve twice in the first set. I was very disappointed with that.

"But I feel I'm doing a lot of stuff better on returns, I can give myself opportunities this way."

Canadian content

With his win on Tuesday, Milos Raonic will join compatriots Eugenie Bouchard, from Montreal, and Vancouver's Vasek Pospisil in the second round.

- Both Bouchard and Pospisil won their first-round matches on Monday.
- Canadian qualifier Frank Dancevic of Niagara Falls, Ont., was scheduled to face France's Benoit Paire in his opening match later Tuesday.

Raonic took the victory with 21 aces, striking 48 winners and breaking on seven of 20 chances. The 23-year-old was frustrated as he tried to close out the contest but finally got the job done when he broke the Spaniard's serve.

THE CANADIAN PRESS

Reading gives our kids better opportunities.
It's time we did something for reading.
Join us at nationalreadingcampaign.ca



TORONTO STAR
thestar.com

metro

Strong Supporters of Literacy



Raps rout lame-duck Bucks

Shooting guard DeMar DeRozan shoots over the Bucks' Larry Sanders, left, and Ersan Ilyasova during the Raptors' 116-94 win on Monday night in Toronto. DeRozan had 19 points and point guard Kyle Lowry led the Raptors with 23 points. RENE JOHNSTON/TORSTAR NEWS SERVICE

NHL

Jets earn win in new coach's debut

The Winnipeg Jets found the energy they've lacked for weeks with a new coach on the bench and snapped a five-game losing streak by overwhelming the Phoenix Coyotes 5-1 on Monday night.

Olli Jokinen, Eric O'Dell, Blake Wheeler, Michael Frolik and Devin Setoguchi scored for the Jets (20-23-5), who outshot the Coyotes 38-19.

Oliver Ekman-Larsson scored for Phoenix (21-15-9) but it was the only shot Ondrej Pavelec would let in.

Fans didn't even wait until the game started to show how they felt about the coaching change. Paul Maurice got his first cheer during the national anthem when his face showed on the scoreboard.

He took over after Claude Noel was sacked Sunday, ending his 2 1/2 years as the first coach of the Jets following the Thrashers' move from Atlanta and name change.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	46	27	15	4	134	112	58
Montreal	46	26	15	5	117	107	57
Detroit	46	20	16	10	118	127	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
Columbus	46	22	20	4	129	131	48
New Jersey	47	19	18	10	108	117	48
Carolina	46	19	18	9	111	130	47
NY Islanders	47	18	22	7	130	152	43

Monday's results

Calgary 2 Carolina 0

Columbus 3 Tampa Bay 2

Winnipeg 5 Phoenix 1

Vancouver at Los Angeles

Sunday's results

Buffalo 2 Washington 1 (SO)

NY Islanders 4 Dallas 2

Toronto 3 New Jersey 2 (SO)

Chicago 5 Edmonton 3

NY Rangers 4 Philadelphia 1

Minnesota 4 Nashville 0

Anaheim 1 Detroit 0

Tuesday's games — All Times Eastern

San Jose at Washington, 7 p.m.

Tampa Bay at NY Rangers, 7 p.m.

Toronto at Boston, 7 p.m.

Philadelphia at Buffalo, 7:30 p.m.

NY Islanders at Florida, 7:30 p.m.

New Jersey at Montreal, 7:30 p.m.

Ottawa at Minnesota, 8 p.m.

Calgary at Nashville, 8 p.m.

Phoenix at St. Louis, 8 p.m.

Colorado at Chicago, 8 p.m.

Edmonton at Dallas, 8:30 p.m.

Wednesday's games

Buffalo at Toronto, 7:30 p.m.

Washington at Pittsburgh, 8 p.m.

Vancouver at Anaheim, 10:30 p.m.

Thursday's games

Buffalo at Rutherford, N.J., 7 p.m.

At East Rutherford, N.J., 7 p.m.

AFC champion vs. NFC, 6:30 p.m.

Friday's games

Buffalo at Pittsburgh, 7 p.m.

Edmonton at Calgary, 8 p.m.

Montreal at Florida, 8 p.m.

Phoenix at Arizona, 8 p.m.

St. Louis at Minnesota, 8 p.m.

Colorado at San Jose, 8 p.m.

Philadelphia at New Jersey, 8 p.m.

Montreal at Boston, 8 p.m.

Edmonton at Ottawa, 8 p.m.

Calgary at Vancouver, 8 p.m.

Montreal at Buffalo, 8 p.m.

Edmonton at Colorado, 8 p.m.

Montreal at Florida, 8 p.m.

Montreal at Buffalo, 8 p.m.

Montreal at Florida, 8 p.m.

Horoscopes

 Aries

March 21 - April 20

Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

 Taurus

April 21 - May 21

Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

 Gemini

May 22 - June 21

You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

 Cancer

June 22 - July 23

Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

 Leo

July 24 - Aug. 23

It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

 Virgo

Aug. 24 - Sept. 23

The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

 Libra

Sept. 24 - Oct. 23

You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

 Scorpio

Oct. 24 - Nov. 22

You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

 Sagittarius

Nov. 23 - Dec. 21

You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

 Capricorn

Dec. 22 - Jan. 20

It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

 Aquarius

Jan. 21 - Feb. 19

You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

 Pisces

Feb. 20 - March 20

Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 5°
MIN: -5°



MAX: 9°
MIN: 6°



MAX: 1°
MIN: -7°

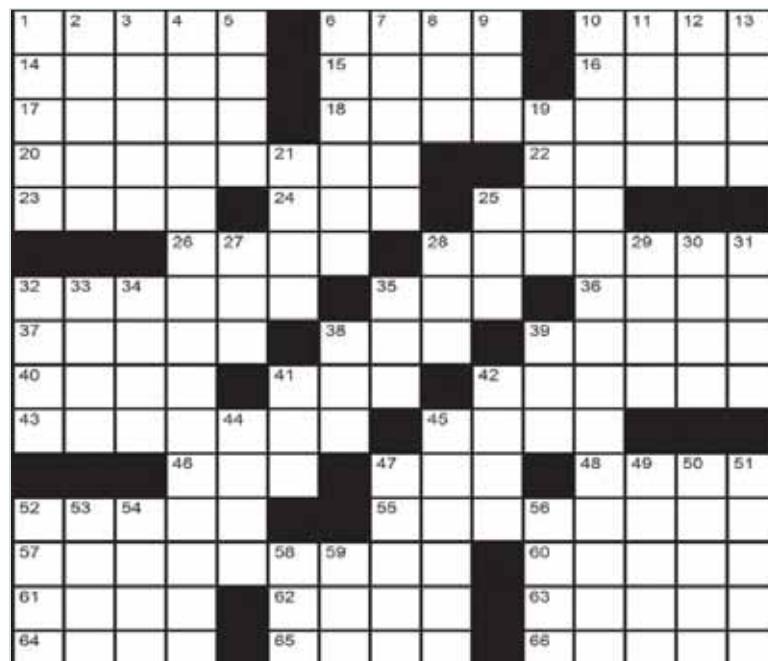


MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



Crossword: Canada Across and Down



Across

1. Fedora borders
6. Pitcher
10. __ au lait
14. Till again
15. Amble
16. "I __ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, " __ Inquest"
22. __ whale
23. General Robert __
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. " __ ready to back down..." - Dixie Chicks

40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, __ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically charged

52. Cognizant
55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.
57. Limit of \$\$\$ teams pay players in sports: 2 wds.
60. Functional
61. Writer Mr. Waugh
62. VP part

63. Summary
64. Glance
65. Prescriptions, commonly
66. Celebrating 50 Years: __ University in Peterborough, Ont.
67. Visible
68. Atomic Number 68
69. Brooklyn Bridge tune: " __ That Could Happen"
70. Ms. Longoria

3. "That's all that __." (There's no more)
4. 'Footloose' or 'Saturday Night Fever': 2 wds.
5. Visible
6. English composer, William __
7. Like Queen Elizabeth
9. Jesse Jackson's title, for short
10. Member of Prime Minister Harper's team: 2 wds.
11. Prayer-ender
12. "Columbo" star Peter
13. 'Bachelor' suffix
19. Actor Mr. Jennings
21. Paint layer



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. __ & The Gang
31. __-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodgings
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	8	3	2	9	1	7	5	6
6	1	7	4	5	8	3	9	2
9	5	2	6	3	7	1	4	8
8	6	9	7	4	2	5	1	3
2	4	1	5	8	3	6	7	9
7	3	5	9	1	6	8	2	4
3	7	4	1	6	9	2	8	5
5	2	6	8	7	4	9	3	1
1	9	8	3	2	5	4	6	7

5	9	2	3	
2	3	1		6
4	1		2	7
6		5	8	3
8		3		9
1		7	4	6
3	5	8		7
7		4		5
4	8	5	6	

Do you like puzzles and games?
Find out about the great game of Bridge

Edmonton Bridge Centre
11810 Kingsway Avenue

Lesson Program starts soon!

Info 780.451.6595

Adventure!
Teach English Overseas

> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!

Next in-class course: Jan 24th - 31st & Feb 1st - 2nd
Next Seminar: Jan 14th, 2013 @ 7pm
Room # SJ 102 - St Joseph's College, 11325 89th Ave
www.globalesol.com

The Boutique Bridal Show Everyone Is Talking About
Where Fantasy Meets Reality

BRIDAL FANTASY™ Group

JAN 19 SUN
EXPO Centre

WIN \$100,000 IN PRIZES & SWEEPSTAKES
Including a Fantasy honeymoon

TICKETS \$25 includes tax FASHION SHOWS 11:30am & 3:00pm
TICKETS AT www.bridalfantasy.com

We Love Networking

Dentacol Global Credit Barcelo Vlon YouTube Facebook Twitter

EDMONTONHOUSE

DOWNTOWN'S NEWEST RENTAL HIGHRISE

Premium One Bedroom Suites

- fitness centre
- heated indoor pool
- balcony/patio
- convenience store on-site
- dry cleaning service
- close to river valley and parks
- close to public transit
- central downtown location
- on-site professional management
- 24-hour emergency maintenance service



MIDWEST
PROPERTY MANAGEMENT

1.888.420.6208

10205 - 100th Avenue

edmontonhouse@rentmidwest.com

  @rentmidwest



www.rentedmontonhouse.com

